Thig 2.7 — Verses of the Elder Mittā

English translation by Bhikkhuni Soma.
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Text

Verses of the Elder Bhikkhunīs

Chapter of the Twos

Verses of the Elder Mittā

“On the fourteenth day, on the fifteenth day,

on the eighth day of a fortnight,

and on extraordinary fortnights,

I observed the Uposatha,

complete in all its eight factors,

seeking delight in the company of Devas.

Today with one meal a day,

a shaven head, wrapped in a robe,

I do not aspire to be a Deva,

as I have removed distress from my heart.”

The Elder Mittā